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metroNEWS

Inmate who killed himself waited two years for trial

INNES ROAD

Man in custody on a series of sexual assault charges

Joe Lofaro
Metro | Ottawa

An Ottawa Carleton Detention Centre inmate who killed himself Tuesday morning while on suicide watch was an alleged serial sexual predator who, according to his lawyers, was frustrated by delays in his trial going forward.

Defence lawyer Michael Johnston confirmed his client, Yousef Hussein, took his own life inside the Innes Road jail after spending nearly two years in custody on a series of sexual assault charges.

Johnston's partner, Leonard Shore, confirmed Hussein had been held, at times, in solitary confinement. Shore said he spoke to the grieving family, who told him Hussein hanged himself.

Ottawa police arrested Hussein in May 2014 after they received hundreds of tips after going public with accusations from three women that said they were choked and sexually assaulted after being approached by a man. The alleged incidents took place from August 2012 and October 2013.

He was eventually committed to stand trial on accusations from five women.

The circumstances surrounding Hussein's death — the second at the jail in as many weeks — are not known and Johnston said he was not aware of any mental health issues involving his client.

But he did say Hussein had been frustrated for some time by scheduling delays between the court and the Crown's office. His preliminary hearing was held last April, but his trial was only scheduled to start in May 2017 — a full three years after his arrest.

"That seems like a terribly long wait for somebody who is supposed to be guaranteed — pursuant to Section 11b of the Constitution — the right to a trial within a reasonable period of time," said Johnston.

Although no formal application has been submitted, he said he had been planning with his client to ask the court for a stay of proceedings due to the delays.

"His untimely passing is obviously super unfortunate and I think that in some ways this underscores the responsibility that both the courts and the Ministry of the Attorney General has to ensure that people are getting to trial within a reasonable period of time," Johnston said.

> **There's an immense amount of stress that hangs over people's heads while they're waiting ...**
> Defence lawyer Michael Johnston

"There's an immense amount of stress that hangs over people's heads while they're waiting to have their accusations adjudicated."

Hussein was a Jordanian national who was in Ottawa on student visa. It was expired at the time of his arrest.

A spokesperson for Yasir Naqvi, Minister of Community Safety and Correctional Services, released a brief statement to Metro on Tuesday confirming an inmate had died.

"Given the matter is the subject of multiple investigations, it would be inappropriate to comment on the specifics of this case," Brent Ross said.

"Should the coroner determine through their death investigation that the death was anything other than natural causes, an inquest will be called. Should the death be determined to be natural causes, the coroner still has the discretion to call an inquest."

For more analysis and context, see metroNEWS

Sorry, Canada

From the very bottom of our well-intentioned hearts, we want to apologize. To everyone in every town from Iqaluit to Point Pelee, St. John's to Prince Rupert and everywhere in between: we're sorry.

We really should have thought of the Maple Iced Capp and Creamy Maple Chill sooner. It's a little embarrassing, really. The only other thing so obviously Canadian would be a brigade of Mounties on mooseback belting out the national anthem – in both official languages.

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Tim Hortons.

P.S. Sorry for apologizing so many times. We can't help it.
#SoCanadian

metro NEWS

Your essential daily news

Hold on to your popcorn, Canada; 4D movies are coming. **Business**

Sens' many head coaches

The Ottawa Senators fired their head coach, Dave Cameron, and three assistant coaches Tuesday morning. We take a look at ten past coaches and asked Ottawans what they thought about the decision. SARA ERICSSON FOR METRO

Rick Bowness

June 1992 – November 1995

As the team's first head coach, Bowness faced an uphill battle. He's remembered for a positive coaching style and developing the team's young stars. He was fired after a string of losses. THE ASSOCIATED PRESS

Dave Allison

Nov. 1995 – January 1996

Allison briefly served as the team's head coach in their second season, until being fired after winning only two of 27 games. COURTESY DES MOINES BUCCANEERS HOCKEY CLUB

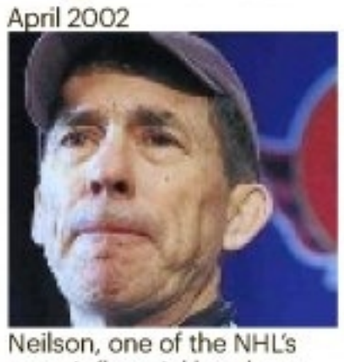
Jacques Martin

January 1996 – June 2004

Martin is the franchise's longest-serving coach and was responsible for leading the Senators to their then-best season in 2002-03. The team was favoured to win the following season but lost in the first playoff round, after which Martin was fired. THE CANDIAN PRESS

Roger Neilson

April 2002



Neilson, one of the NHL's most influential head coaches, worked as assistant coach in 2002 and as head coach for two games — Jacques Martin stepped aside so Neilson could become the ninth coach to reach the 1,000 game mark. THE CANDIAN PRESS

Bryan Murray

June 2004–June 2007, Feb. 2008–Apr. 2008, Apr. 2011–June 2011

Murray worked with the team as head coach in June 2004 until recently stepping down as General Manager. He was promoted to the position in 2007, but served again as head coach several times for brief stints. THE CANADIAN PRESS

John Paddock

July 2007 – February 2008

Paddock became head coach in July 2007, and had a record-breaking start, winning 15 of the first 17 games. The streak did not last and after a series of losses and poor team performance, he was fired in 2008, when Murray stepped in as interim coach. THE CANADIAN PRESS

Craig Hartsburg

June 2008 – February 2009

The 2008-09 season started fresh with head coach Hartsburg but proved lacklustre, and the organization again decided to make a change, firing Hartsburg in February. THE CANADIAN PRESS

Paul MacLean

June 2011 – December 2014

MacLean made his NHL debut as Ottawa head coach and was highly respected, earning the fan nickname The Walrus. He was nominated for the Coach of the Year in 2012 and won in 2013. Despite this, he was fired in a move that shocked many. THE CANDIAN PRESS

Dave Cameron

December 2014 – April 2016

Cameron began his term as with a wildly successful comeback, leading the team to qualify for the 2015 playoffs. The Sens were poised to pack some power but lost their lustre at the season's end. Cameron and his assistant coaches have all been fired. THE CANDIAN PRESS

Cory Clouston

February 2009 – April 2011

Binghamton Senators coach Clouston made radical changes and created a strong offensive approach that saw success, but a string of injuries left the team weak in the 2010-11 season and Murray again stepped in as interim coach. THE CANADIAN PRESS

WE ASKED YOU

Daniel Drapeau says firing head coaches when things go wrong "doesn't solve the problem. They have to make changes with players" since they are paid large salaries.

Leona Chivizhe says the fact this will be the eleventh change in 24 years "should be an indication this isn't the right way to go about it."

Oliver Mele says firing doesn't make sense because Ottawa's season as a whole was fairly solid. "It's not the coach, but the team that gets them into the playoffs."

Navar Bunisevych says consistency is important for team building. "People who've been on the team for a long time should stay there."

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5 THINGS TO KNOW ABOUT THE PROPOSED HOOKAH BAN

As Toronto's hookah ban goes into effect this month, the City of Ottawa is looking at saying sayonara to shisha in public. Here are five provincial proposals on water pipe limits, which will go before Ottawa's board of health on Monday.

Lucy Scholey
Metro | Ottawa

1 Smoking shisha akin to smoking cigarettes

Currently, the provincial smoke-free law only applies to tobacco — not substances like water pipes, e-cigarettes, vaporizers or cannabis. The province wants to prohibit these non-tobacco substances in public places and hookah cafes. Similar bans across the country have incited outrage by business owners, claiming the laws discriminate against Middle Eastern traditions. But the staff report notes "growing evidence" of the harms of herbal shisha to the general public.

4 Advertising e-cigarettes

The same health warning labels on cigarette packages may soon be seen on all shisha products. Currently, some businesses promote e-cigarettes as a way to quit smoking, but the city wants the province to take its smoking law a step further in restricting these types of ads. The nicotine patch is a healthier way to quit, say city staff.

2 What about medical cannabis?

It seems that those who puff for medical purposes won't get an exception from this proposed law. In other words, if there's a "no smoking" sign, that applies to all non-tobacco smokers. Staff point to "emerging evidence" that cannabis smoke is tinged with tar and similar chemicals as tobacco smoke. However, parents would be allowed to give their kids e-cigarettes for medical marijuana purposes.

3 Youth targeted in e-cigarette ban

Ottawa Public Health staff want to quash the "misperception" among youth aged 18 to 24 that smoking a tobacco water pipe is safer than a cigarette. The staff report says the use of water-pipe usage has tripled among those aged 18 and up over six years — from three per cent in 2006 to 10 per cent in 2012. Further, youth who used e-cigarettes were about three times more likely to start dragging on traditional smokes. The city could also start regular inspections of e-cigarette vendors to make sure they're not selling to minors.

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5 Good-bye sweet e-cigarettes

As part of the push to dissuade minors from puffing on water pipes, Ottawa city staff want to ban the sale of flavoured e-cigarettes. There are a whopping 7,700 different flavours tailored for kids, like cotton candy and banana split. And they may not be a healthier option than flavoured cigarillos. The staff report says diacetyl, a flavouring chemical in the non-tobacco products, is linked to respiratory diseases. Last January, the province enacted a ban on flavoured tobacco, so this proposal expands on that.

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Mental health must be 'front and centre'

JAIL REFORM

Inmate who killed himself was on suicide watch: Lawyer

Joe Lofaro
Metro | Ottawa

The Ottawa jail on Innes Road is frequently on lockdown because of overstaffing issues. JOE LOFARO/METRO

As the coroner's office probes the death of another inmate at the beleaguered Ottawa-Carleton Detention Centre (OCDC), critics are calling on the province to take immediate steps to address the needs of mentally ill prisoners.

Ottawa police responded to the jail at approximately 3 a.m. Tuesday for a "mental health" call after the inmate killed himself. The inmate had reportedly been held in solitary confinement at the time of his death.

"If people are not mentally ill already, solitary confinement will make them mentally ill," Aaron Doyle, associate sociology and criminology professor at Carleton University, said Tuesday in an email to Metro.

Doyle is also a spokesman for the Criminalization and Punishment Education Project, a collective of professors and researchers from Carleton and the University of Ottawa who study problems in the penal system.

He has been putting pressure on Corrections Minister Yasir Naqvi as early as 2013 in response to overcrowding issues and said more tragedies will continue if the jail keeps placing inmates in solitary when they ought to receive mental health treatment instead.

Last month, Naqvi announced a task force to deal with overcrowding after reports surfaced of inmates sleeping in showers.

"Instead of damaging people more, the provincial government needs to take action immediately to get more appropriate treatment for people with mental health issues," said Doyle.

"Corrections minister Yasir Naqvi has stated that a quarter of the 600 or so prisoners in OCDC are mentally ill, and that may be a low estimate. The task force recently created by Minister Naqvi to tackle overcrowding at OCDC needs to put the issue of mentally ill prisoners front and centre and find ways to get them out of the jail and get help instead."

He is not alone in demanding change. Defence lawyers and union members have also joined the call for more staff and for the courts to reconsider sending so many offenders to jail while they await bail hearings or trials.

OPSEU president Warren "Smokey" Thomas said he also wants to see immediate action, but he knows it will cost money.

"I would say for the sake of the people like the gentleman that died (this morning) and the gentleman that died two weeks ago, for all the people still in that place, and all the people that work in there, that (Naqvi) better step it up and do something a lot more substantial, a lot quicker," he said.

Despite calling for Naqvi's resignation last week, Thomas said he realizes not all of the jail's problems fall at the feet of the corrections minister.

He said the province needs to provide more funding to the Corrections Ministry in order to find the immediate solutions he's looking for.

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Inmate issues 2006-2016

Inmate deaths, overcrowding and sleeping in shower stalls may be the latest headlines coming out of the Innes Road jail. But problems at the Ottawa-Carleton Detention Centre (OCDC) are nothing new. Here's a history of the facility's bumpy road, dating back a decade.

Lucy Scholey
Metro | Ottawa

2006
Several media outlets report prisoners are being housed in showers, due to overcrowding.

SEPTEMBER 24, 2013
Inmate Christina Jahn arrives at a human rights settlement with the Ministry of Correctional Services after she spent more than 200 days in solitary confinement at the Innes Road jail.

MARCH 26, 2015
Correctional Services Minister Yasir Naqvi announces a review of segregation practices in provincial jails and improvements to mental health treatments for female inmates.

DEC. 4, 2015
Province announces the hiring of 91 correctional officers. Six are to work in the Innes Road jail.

DEC. 9, 2015
Correctional officers vote against a tentative deal between the province and OPSEU. They eventually reach a deal on Jan. 9, 2016.

DEC. 23, 2015
An Ottawa defence lawyer says a client convicted of a convenience store robbery was placed in solitary confinement for two weeks due to lack of space.

FEB. 9, 2016
After touring the Innes Road detention centre, OPSEU president Warren "Smokey" Thomas calls it the "worst" jail in the province. Inmates are sleeping in shower stalls, he said. Naqvi's office disputes the claim.

FEB. 10, 2016
OPSEU says Naqvi will create a working group to deal with overcrowding in jails.

FEB. 29, 2016
The Ontario Human Rights Commission calls for the end to solitary confinement in provincial jails.

MARCH 1, 2016
A Torstar News Service investigation finds more than 1,600 inmates were admitted to solitary confinement in two Ontario jails — the OCDC and the Central East Correctional Centre in Lindsay — over a five-month period in 2015.

MARCH 21, 2016
Naqvi announces the province will hire 2,000 new correctional officers over three years at its correctional facilities.

MARCH 26, 2016
Naqvi says he was recently informed that inmates have been housed in shower cells, according to Postmedia. He calls for an end to the practice.

MARCH 29, 2016
A 59-year-old inmate dies in hospital after suffering a cardiac arrest while staying in the OCDC's health unit.

MARCH 30, 2016
Postmedia reports that the Innes Road jail continues to house inmates in shower stalls, despite Naqvi's ban.

APRIL 12, 2016
An inmate on suicide watch kills himself at the jail.

GRAPHIC BY: ANDRES PLANA

Breakfast battle looms over pipeline pitch

ENERGY

Ecology group upset over speech on eve of Earth Day

Emma Jackson
Metro | Ottawa

Will you protest eggs and ham,

If the Chamber keeps its plan?

The commerce group is holding tight

To plans to dine with pipeline might.

But climate groups are none too pleased

That "dirty oil" has been appeased.

In other words: Ecology Ottawa is mad, and it's planning a demonstration — dubbed the Green Eggs 'N Protest — bright and early April 21 to object to "an ill-conceived and badly-timed event" on the part of the Ottawa Chamber of Commerce.

The chamber has invited TransCanada's Stefan Baranski to deliver a speech called "Energy East: New Jobs, Investment and Growth for Ontario." It's part of the organization's regular Eggs 'N Icons breakfast series.

But the event falls on the eve of Earth Day — an unconscionable scheduling conflict according to Ecology Ottawa director Graham Saul, who has been vocally opposed to pipelines, particularly Energy East.

"We don't want, on Earth Day, people opening up the news and seeing an unchallenged perspective from the pipeline (lobby)," Saul said.

He likened it to hosting tobacco representatives the day before World Lung Cancer Day.

But in an April 4 letter, chamber president Ian Faris told Saul the chamber hosts representatives from all perspectives and backgrounds throughout the year, and it doesn't mean it agrees with them.

In this case, "we are providing a forum to better understand the issues related to the pipeline's proposed development," Faris said.

Faris couldn't be reached for comment, but in his letter he invited Saul to attend the meeting and monitor the discussion for himself.

Instead, Saul's protest will begin outside the Sheraton Ottawa Hotel at 6:30 a.m., as guests arrive for their (hopefully normal-coloured) eggs and ham.

Children and Youth Services Minister Tracy MacCharles wipes away tears as the opposition questions her on autism funding during question period. STEVE RUSSELL/TORSTAR NEWS SERVICE

YOUTH SERVICES

Parents of autistic kids protest changes

About 200 parents of children with autism converged on the Ontario legislature Tuesday to demand the government reverse a decision to defund intensive therapy for children five and older.

The issue dominated an emotional question period, with the minister of children and youth services breaking into tears and a parent being forced to leave the public gallery after shouting "liar" and "shame on you" to Premier Kathleen Wynne.

The Liberal government recently announced a new Ontario Autism Program with $333 million in funding, which will integrate Intensive Behavioural Intervention and Applied Behavioural Analysis therapies, currently in two separate streams, into a flexible service that can provide more or less intense therapy.

But the changes include limiting IBI to children between two and four, which Children and Youth Services Minister Tracy MacCharles said is based on expert advice to focus on children in that developmental window.

It will mean 16,000 more children will receive services — mostly ABA — and that IBI wait times will go from a current average of 2 ½ years to six months by 2021, the government says.

But parents say that will come at the expense of children who are five or will turn five in the next year or two, since they will no longer qualify for IBI.

The move affects 1,377 children five and older who are already receiving IBI, 835 children in that age group who are on the wait list, and a further 1,331 younger kids who are expected to turn five while they are still on the wait list. THE CANADIAN PRESS

ROAD CLOSURES

Parts of Colonel By Drive southbound lane to close

Goodbye Rideau Canal concession stands. Hello partial road closures.

Parts of the southbound lane of Colonel By Drive will be closed today so crews can remove concession equipment from the Rideau Canal skateway.

Part of the road at Bronson Avenue will be closed from 9:30 a.m. to 11:30 a.m., while the part at Concord Street will be closed from 11:30 a.m. to 3 p.m.

Parts of the recreational pathway will also be closed at those two locations and people will be directed to other routes. METRO

Galaxy of stars for Comiccon

ENTERTAINMENT

Stellar lineup bringing high wattage fun

The star power at this year's Ottawa Comiccon continues to build with names such as Sean Astin, Billy Dee Williams, Karen Gillan, Carl Weathers, John Rhys-Davies, among a bevy of others.

"What if we're done? Is this enough?" Cliff Caporale, the comic convention's program director, said in jest about the big-name announcements that have been released every few weeks since mid-January.

> **They want to fit in (with) the theme and also they want to get in pictures with those characters.**
> Cliff Caporale on fans

Turns out more announcements are on the way before the three-day celebration of everything comics, pop culture, science fiction and fantasy take over the EY Centre May 13 to 15.

Star Wars elements will be front and centre at the event, partly why Williams was asked to make a return visit after first appearing at the convention during its second installation.

Ottawa Comiccon wouldn't be the same without at least one actor from Firefly.

When American actor Alan Tudyk's name was released, fans were excited to see the man who played Hoban "Wash" Washburne on the space western.

"It's Firefly and we know Firefly works really well in Ottawa," Caporale said of the single-season Firefly TV series and Serenity movie, which starred Canadian actor Nathan Fillion of TV's Castle fame.

It's likely the upcoming appearance by a Firefly actor will translate into more fans dressing up in Firefly-related costumes.

"They want to fit in (with) the theme and also they want to get in pictures with those characters (while) in character themselves," the director said. "You do see that quite a bit.

"And we also see the vendors start getting the supplies they need for that," he added, referring to the merchandise vendors who will make up a big part of the convention, in addition to comic book artists.

There will also be a nod to the Star Trek universe, celebrating its 50th anniversary with a visit by American actor René Auberjonois, who played chief of security Odo in Star Trek VI: The Undiscovered Country.

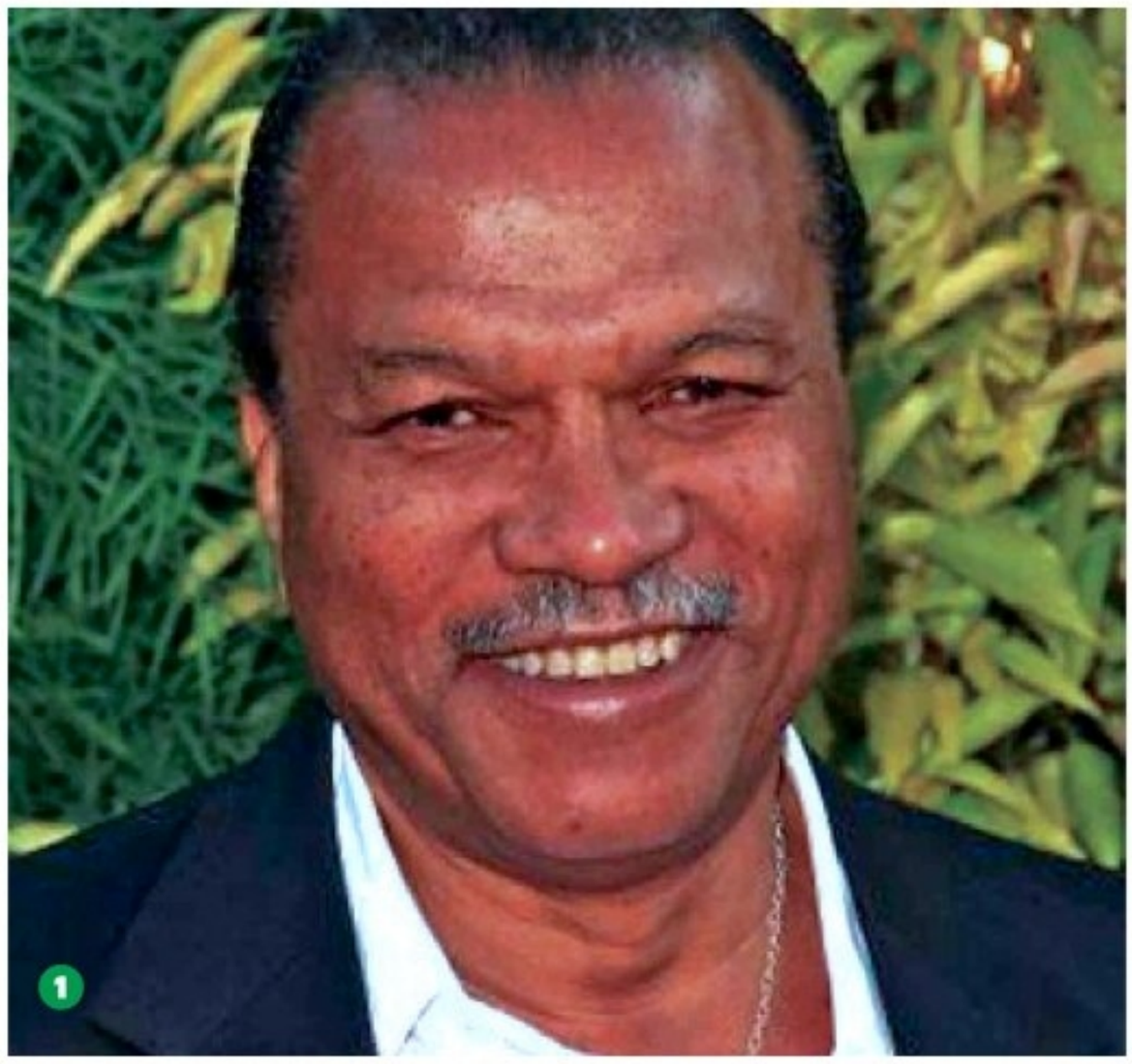
Joining him will be actor and comedian John de Lancie, who played the character Q in Star Trek: The Next Generation, Star Trek: Deep Space Nine and Star Trek: Voyager.

Ottawa Comiccon has been moved by a week, to May 13 to 15, so as not to fall on the annual Free Comic Book Day, which is the first Saturday in May.

"It's probably the most important day for comic book stores, business-wise," Caporale said.

For a full Ottawa Comiccon schedule and ticket details, visit ottawacomiccon.com.

ERIN MCCRACKEN/METROLAND MEDIA



1 **Billy Dee Williams**, who was Lando Calrissian in two Star Wars films, is just one of the big names coming to comiccon. CONTRIBUTED
2 **Alan Tudyk** — Portrayed Hoban "Wash" Washburne in Firefly. FREDERICK M. BROWN/GETTY
3 **Karen Gillan** — Amy Pond in Doctor Who. GETTY
4 **Sean Astin** — Samwise Gamgee in Lord of the Rings. CONTRIBUTED
5 **Carl Weathers** — Major Dillon in Predator JESSE GRANT/GETTY

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Multi-vehicle collision injures four

POLICE

SIU looking into pursuit of Pontiac driver

Joe Lofaro
Metro | Ottawa

Ontario's Special Investigations Unit (SIU) is looking into a Tuesday morning police pursuit in ByWard Market that ended in a collision that ejected two people from a vehicle.

According to Ottawa police, a marked cruiser attempted to stop a Pontiac G6 near the intersection of Cumberland and George Streets at about 1:15 a.m., however, the driver fled the scene.

The officer initiated a short pursuit, but it was later called off, the SIU said in a news release.

Not long after, the car struck a Honda Accord at the intersection of Vanier Parkway and McArthur Avenue.

The driver and passenger of the Honda were both ejected from the vehicle and remain in critical condition.

A 24-year-old male passenger in that vehicle was unconscious and suffered head and neck injuries and multi-system trauma, paramedics said. He also required assistance breathing.

A second passenger in the Honda, a 21-year-old female, was also unconscious and suffered critical, life-threatening injuries, as well as multi-system trauma.

The 39-year-old driver of the Pontiac had to be extricated from his vehicle and was unconscious. He was treated for a head injury and a broken leg. He also remains in critical condition.

Police closed the Vanier Parkway from Montreal to Donald Street, and McArthur Avenue was closed from North River Road to Olmstead Avenue.

A collision investigator examines the scene where a Honda Accord was struck by another vehicle at Vanier Parkway and McArthur Avenue on Tuesday. JOE LOFARO/METRO

CENTRAL LIBRARY

Residents seek public input on new location

Emma Jackson
Metro | Ottawa

The public should have a greater say in the city's central library location, advocates argued Tuesday.

The Ottawa Library Board got approval Tuesday to begin analyzing potential sites and building a business case for their preferred location.

The process includes an open house in May so residents can give feedback on the criteria for choosing a site.

The library will launch a special central library website this month, and has hired consultants from PACE — Public Affairs and Community Engagement — to help lead the public consultation this spring.

Mary Cavanagh and Emilie Taman think more public input is needed as the city chooses a location for the new central library. EMMA JACKSON/METRO

But concerned residents said one meeting isn't enough to ensure the library is built where residents most want and need it.

"One month is hardly enough time for the public to, first, absorb the information on the project, make themselves available … and then to respond in any meaningful way," said Mary Cavanagh, who spoke for advocacy group Bookmark the Core, which advocates for a new library in the downtown core.

Some board members were supportive: Coun. Marianne Wilkinson urged staff to develop a public engagement framework as soon as possible.

"Public consultations in a city of this size can't be done in 30 days," she said.

Trustee Pamela Sweet said she'd like public consultations to take place over a number of days and in several locations.

Library CEO Danielle McDonald said time is of the essence as the library project unfolds. Staff want to bring a complete package — with a preferred site, design and developer lined up — to the board for approval by the end of 2016.

"We need to start work on this now if we are going to meet targeted timelines," she said.

Staff said a date for the May open house will be released soon.

BUSINESS

Bleeker Audio and Video to close doors

Haley Ritchie
Metro | Ottawa

Nepean-based Bleeker Audio and Video is set to close after 56 years in business.

Rob Bleeker, who has been running the business with his father Hans, said it was a difficult decision for the family. He said declining retail sales played a big part.

"We want to close it on our terms and not be forced out of business," he said. "You really got to know everybody and had some very close and loyal clientele. That made it fun."

Bleeker said the store would be holding a closing sale with June marked as the date they hope to close up shop.

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Police break up suicide pact

MENTAL HEALTH

First Nations community sees rash of attempts by young people

A suicide pact by 13 young aboriginal people, including a nine-year-old, has been thwarted on a remote First Nation in northern Ontario where local leaders say they're so overwhelmed by the suicide crisis that extra police officers have been called in from nearby communities.

Anna Betty Achneepineskum of the Nishnawbe Aski Nation said the youths were overheard making a pact to kill themselves on Monday and police brought them to the local hospital in Attawapiskat for an evaluation.

But the hospital was already treating other patients who had attempted suicide in recent days and couldn't see all of the new arrivals, Achneepineskum said, so about half of them temporarily waited in jail for treatment, the only other place where officials felt their safety could be secured.

The remote northern Ontario First Nation of Attawapiskat, Ont., declared a state of emergency after numerous suicide attempts this week. THE CANADIAN PRESS FILE

"There are so many things that are needed here," she said in an interview. "So many things."

Achneepineskum said the entire community of about 2,000 in the James Bay region is so overburdened by the rash of suicide attempts that three of the reserve's four health-care workers were sent to Thunder Bay for counselling and rest as reinforcements came in to help.

Health Canada said Tuesday that roughly 18 additional people — including a crisis co-ordinator, two youth support workers and a psychologist —had been deployed as temporary crisis relief since a state of emergency was declared in Attawapiskat.

But Keith Conn, an assistant deputy minister for the department's First Nations and Inuit health branch, stressed "more aggressive" efforts must be made to meet the community's mental health needs in the long term.

The emotional distress of the teens and the dearth of resources in place to help them is a direct result of more than a century's worth of fraught relations between First Nations communities and the federal government, one leader said.

> **There are so many things that are needed here. So many things.**
> Anna Betty Achneepineskum

Ontario Regional Chief Isadore Day said the pervasive ills plaguing aboriginal Canadians can be traced back to the Indian Act of 1876, which is marking its 140th anniversary.

Day said the act, which effectively transferred all decisions affecting First Nations to officials in Ottawa, set the stage for decades of turmoil, including residential schools, where young aboriginals endured horrific abuse.

Those experiences are at the heart of issues that include addiction, poor health and unemployment, all of which tend to converge on Canadian reserves that include Attawapiskat, Day said. Officials responsible for collecting demographic data on Attawapiskat did not respond to requests for the information.

THE CANADIAN PRESS

IN BRIEF

Check on milk in cheese products: Dairy farmers

Ottawa must enforce existing rules governing how much real milk is included in cheese products across the country, Canada's dairy producers said Tuesday.

Stakeholders in Canada's dairy industry say a U.S. protein — known as diafiltered milk — is being used improperly in cheese products, as actual milk, costing them tens of thousands of dollars a year.

THE CANADIAN PRESS

Central bank to assess impact of multibillion-dollar commitments

The Bank of Canada is scheduled to deliver an assessment Wednesday: its take on just how much of a lift it expects the economy to get from billions in federal government spending commitments.

The analysis will be released as part of the central bank's quarterly update to its economic projections.

THE CANADIAN PRESS

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AFGHANISTAN

Inquiry concludes soldiers never ignored any abuses

Canada's military has changed how it trains soldiers for overseas deployments, with more focus on ethical issues, cultural differences and addressing human rights violations — all resulting from the fallout of its mishandling of child abuse reports in Afghanistan.

The defence department on Tuesday released the results of a long-awaited investigation examining the response of the Canadian military to reports of sexual abuse of boys by Afghan soldiers and interpreters.

The board of inquiry report — almost eight years in the making — concludes that at no time did commanders order troops to turn a blind eye to suspected abuse.

But it does note that the military could have acted on the abuse of minors in 2006 but didn't because of breakdowns in communications between soldiers in the field and commanders.

Instead, the military took action only after a soldier said in 2008 that he had witnessed abuse. Other stories said soldiers had been told by commanders to ignore incidents of sexual abuse.

> **Sufficient information existed as early as 2006 to warrant action on the possible sexual abuse of minors.** Defence department report

Gen. Jonathan Vance, the chief of defence staff, said he's confident that soldiers would take action today if confronted with allegations or evidence of abuse.

"A soldier would be able to take a pro-active role, whether that is reporting or whether it's an actual intervention," Vance told Torstar on Tuesday.

Indeed, he's given specific orders to Canadian soldiers now deployed in northern Iraq to report any violation of Canadian or international law. That includes the use of child soldiers, torture, inhuman treatment and sexual assault of children and other vulnerable populations, according an excerpt of the directive obtained by the Star.

The 107-page report released Tuesday confirms that Canadian soldiers witnessed or suspected that sex acts were taking place between Afghan National Security Forces and children.

"These reports include incidents of oral sex and genital fondling under clothing," according to the report.

There was one report of Canadian Forces (CF) medical personnel treating both male and female children for rectal damage that resulted from the assault, the inquiry found.

"Sufficient information existed as early as 2006 to warrant action on the possible sexual abuse of minors by (Afghan National Security Forces)," the report said.

But some soldiers were uncertain whether to intervene, confused whether such activities were condoned by the Afghans and "therefore not considered reportable." The military's policy and training was "unclear."

And communications breakdowns — reports viewed as hearsay or made informally — left senior commanders in the dark about the abuse concerns, according to the report. "No specific and permanent CF action was ever taken," the report says. TORSTAR NEWS SERVICE

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ENTERTAINMENT

Russian cartoon bear a big hit

A proverbial Russian bear has long alarmed Westerners as the symbol of Moscow's might and purported ferocity. But the Russian who has taken the world by storm is a sweet goof who hasn't fired a single shot.

Masha and the Bear, a Russian animated television series launched in 2009, now broadcasts in more than 120 countries including the United States. Its YouTube channel is in the top 10 most-viewed worldwide.

The cartoon centres on the mischievous girl Masha and the towering Bear, a retired circus performer who falls victim to the green-eyed sprite's pranks.

Their real home is a former Soviet kindergarten in Moscow's northern outskirts. There, more than 70 animators each produce two to four seconds of screen time a day. It's slow work due to the highly detailed images, unusual for television series.

The cartoon has roots in the Soviet animated film industry, which had unusual freedom. Officials regarded cartoons as fairly insignificant and did not apply smothering censorship. Despite the industry's creativity, its cartoons remained unknown outside the Russian-speaking world until Masha and the Bear broke through. THE ASSOCIATED PRESS

A notebook featuring Masha and the Bear THE ASSOCIATED PRESS

Investigators visit Mossack Fonseca law firm's office

PANAMA PAPERS

Officials probe claims that hacker leaked information

Panamanian prosecutors have visited the offices of the Mossack Fonseca law firm to look into its allegations that a computer hacker was behind the leak of a trove of financial documents about tax havens the firm set up to benefit influential people around the globe.

Public ministry spokeswoman Sandra Sotillo said the Monday visit to the offices of Mossack Fonseca was made by investigators from the intellectual property prosecutor's office.

The firm filed a complaint charging the security breach shortly before media reports appeared last week using the documents to detail how politicians, celebrities and companies around the globe were hiding assets in offshore bank accounts and anonymous shell companies.

"Finally the real criminals are being investigated," firm co-founder Ramon Fonseca said in a message to The Associated Press.

Fonseca has maintained that the only crime that can be taken from the leak was the computer hack itself. He has said he suspects the hack originated outside Panama, possibly in Europe, but has not given any details.

Panama's government has said it will co-operate with any judicial investigation arising from the documents.

Some critics of the government have called for a rapid investigation of the law firm, which is one of the most important in the world for creating overseas front companies.

Panamanian President Juan Carlos Varela has defended the country's financial sector, which is considered of strategic importance for the economy. But Varela has also promised the international community that he is willing to make reforms to make the sector more transparent. THE ASSOCIATED PRESS

FALLOUT

Corruption probes close in on Argentina's Fernandez

A federal prosecutor has asked that Argentina's former president Cristina Fernandez be included in a widening investigation into money laundering. A separate money-laundering probe into hotels owned by her family has been relaunched.

THE ASSOCIATED PRESS

DAY 3

A royal celebration

The Duke and Duchess of Cambridge are on a weeklong tour of India and Bhutan, visiting in the cities of Mumbai, Delhi, Assam, Bhutan and Agra. Here are some sights from Day 3 of their visit.

1 Kate and Will watch as a little boy dances by the fireside during a Bihu Festival Celebration at Diphlu River Lodge in Kaziranga, India.

2 Kate looks on as her husband tries to play an Indian whistle.

3 Dancers perform by the fireside.

ALL PHOTOS: GETTY IMAGES

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MONUMENT

Democrats capitalize on Equal Pay Day

U.S. President Barack Obama and other Democrats on Tuesday seized on Equal Pay Day — a symbolic event dramatizing how much longer it takes a woman to earn as much as a man — to court women voters and call out Republicans for inaction on the issue.

Obama dedicated a new national monument to women's equality and pushed Congress to pass legislation. He suggested he's encouraged by movement toward full gender equality in many arenas — including corporate boardrooms, professional sports and presidential politics.

"If we truly value fairness then America should be a level playing field," the president said, as he joined House Democratic Leader Nancy Pelosi, Maryland Democratic Sen. Barbara Mikulski and other Democrats at the Sewall-Belmont House and Museum in D.C., the onetime home of the National Women's Party now designated as Belmont-Paul Women's Equality National Monument. Alva Belmont and Alice Paul were figures in the women's rights and suffrage movements.

Barack Obama speaks at the newly-designated Belmont-Paul Women's Equality National Monument in Washington, D.C. GETTY IMAGES

The Democrats' focus on Equal Pay comes amid a presidential campaign where the Republican front-runner, Donald Trump, has alienated female voters in droves, leading to GOP fears he could diminish the party's standing with that key constituency for years to come. Yet once again this year, while Obama and Democratic lawmakers trumpet their equal pay proposals at news conferences and briefings, Republicans have little to offer in return.

THE ASSOCIATED PRESS

Get drenched at the movies

ENTERTAINMENT

4DX comes to first Canadian theatre this summer

Hang onto your popcorn — and steer clear of hot drinks.

Though you don't normally go to the movies to get rained or snowed on, Cineplex Entertainment is betting customers will pay extra for the privilege this summer, when the company introduces 4DX immersive technology at a Toronto theatre.

4DX incorporates a jolt on every level, from water streams and air blasts to lightning and familiar scents, along with chairs that pivot and swerve, in tandem with the action on the screen.

"It's like you're in the movie," Cineplex spokesperson Sarah Van Lange said Tuesday.

"It makes the movie-going experience truly immersive."

Though the ticket price is not yet public, it is part of a spate of premium movie-viewing offerings from IMAX to UltraAVX that carry a higher ticket price for an upgraded experience at Canada's largest movie chain.

In the fourth quarter of 2015 — which was Cineplex's most successful year ever — premium movie experiences accounted for 46.8 per cent of total box office revenues. That averaged out to 39 per cent for the full year, which is more than double the box office revenues some of its peers generated in the U.S. last year, she said.

"Canadians, more than Americans, love premium movie experiences," said Van Lange.

For example, 80 per cent of the advance tickets Cineplex sold last year for Star Wars: The Force Awakens were for these elevated movie-watching platforms.

4DX incorporates a jolt on every level, from water streams and air blasts to lightning and familiar scents, along with chairs that move, in tandem with on-screen action. TORSTAR NEWS SERVICE

The exact launch date and first movie to be shown in 4DX have not yet been determined as the auditorium undergoes a massive overhaul to incorporate the new technology from South Korean firm CJ 4DPLEX.

TORSTAR NEWS SERVICE

EXPLORATION

Hawking joining space race

With famed physicist Stephen Hawking at his side, an Internet investor announced Tuesday that he's spending $100 million on a futuristic plan to explore far outside our solar system.

Yuri Milner said the eventual goal is sending hundreds or thousands of tiny spacecraft, each weighing far less than an ounce, to the Alpha Centauri star system. That's more than 2,000 times as far as any spacecraft has gone so far.

Propelled by energy from a powerful array of Earth-based lasers, the spacecraft would fly at about one-fifth the speed of light. They could reach Alpha Centauri in 20 years, where they could make observations and send the results back to Earth.

They might discover a planet or planets there — experts think there may be some, but there's no proven sighting yet — and possibly even find signs of life there or elsewhere, said Milner and a panel of experts at the announcement. The three stars that make up Alpha Centauri are the closest stars to our star — the sun.

"We commit to the next great leap into the cosmos," Hawking said, "because we are human and our nature is to fly."

GETTY IMAGES

Hawking has joined Milner and Facebook founder Mark Zuckerberg on the board of the project, called Breakthrough Starshot, which includes a team of scientists. Milner said his $100 million will go to establish the feasibility of the project, and that a launch itself would require far more money.

Hawking is also part of a project Milner announced last summer to use telescopes to seek intelligent life in outer space.

For the Starshot project, the tiny spacecraft would be boosted into space by a conventional rocket, and then set free individually. They would capture the energy from the earthbound laser array with sails a few yards wide. Milner said recent advances in electronic miniaturization, laser technology and fabrication of extremely thin and light materials have made such a mission realistic to consider.

THE ASSOCIATED PRESS

MONEY

IMF projecting slowdown in economic growth for Canada

The International Monetary Fund is lowering its economic growth projections for Canada and the world.

Slow growth in global oil exports, low crude prices and weak demand for non-oil commodities were identified as factors.

The IMF is now projecting Canada's economy to grow by 1.5 per cent this year and by 1.9 per cent next year.

That would be an improvement on last year's growth of 1.2 per cent but less than the IMF's January estimate, which projected Canada's economy would grow 1.7 per cent in 2016 and 2.1 per cent in 2017.

The IMF is also lowering its estimates for the United States and the global economy overall, with China being an exception.

The international body repeated a recent warning that the world's economic growth remains too slow and too fragile, increasing the risk of social and political stress in many countries.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, April 13, 2016

ROSEMARY WESTWOOD **SEXUAL ASSAULT DATA**

KNOWING IS HALF THE BATTLE

By the standards of our big-data age, we know shockingly little about the true extent and nature of sexual assault in this country, much less about what authorities are doing to address it. A concerted effort to collect, share and analyze data could be **our last, best hope for change.**

Left: A protester is seen outside a Toronto courthouse where the Jian Ghomeshi trial took place. Right: A sign made up of messages created by students in September 2015 as part of the anti-violence project at the University of Victoria. CHRIS YOUNG/THE CANADIAN PRESS ; CHAD HIPOLITO/THE CANADIAN PRESS

It began last week with a simple question.

Ottawa police had a 39 per cent charge rate for sexual assaults in 2014. I wanted to know: How does that compare to the national average?

But there was one problem. That comparison doesn't exist.

Statistics Canada tracks some data on sexual assault in this country. But rates of charges versus police complaints? No. In fact, even StatsCan's own data sets aren't designed to be compared to each other, like puzzle pieces never cut to fit.

We are witnessing a crescendo of attention on sexual assault never seen before. Decades of research and activism have brought us here, but depressingly, they have done nothing to change the rate of sexual violence in the last 15 years.

There is one thing we haven't tried: the collection, organization and analysis of robust, in-depth and actionable data.

As things stand now, when a woman comes forward, we don't usefully record what happens next.

The same is true, of course, for all crimes. But there is good reason to demand that, in the case of sexual assault, much more needs to be done.

Sexual assault — everything from unwanted sexual touching to violent rape — is a unique umbrella of crime in this country.

First of all, it's overwhelming committed by men against women. Secondly, sexual assaults aren't addressed by the justice system as often as other crimes. Nationally, physical assaults are seven times more likely to play out in courts, compared to sexual assaults.

You can't sift insight from thin air. Police, schools and StatsCan must be compelled to collect more information.

But most alarming is that while crime rates have uniformly been falling since 1999, only sexual assault has remained stable.

Better data should begin with local police departments, which only ever hear about five per cent of sexual assaults to begin with, and which have no uniform practice for tracking or publishing sexual-assault data In Vancouver, police host an online public database, but it only includes the number of cases investigated as sexual assaults (including those against children); it doesn't include all complaints and doesn't break down cases by outcome or factors like race.

Ottawa police released stats on sexual assault complaints (also including kids) only after a freedom of information request. The data showed the result of each complaint, including "unfounded" and "founded but not solved," but there were no details on how investigators reached their conclusions. This is typical.

Both Ottawa and Calgary police have played the "trust us" card and taken pains to defend the thoroughness of their investigators.

But police forces could be hard-pressed to offer more nuanced data, even if they wanted to. ViCLAS, a national computer investigation system, was designed, like other police computer systems, to take in information and help investigations — not to spit out data for analysis.

Nowhere have statistics on sexual assault come more under fire recently than on Canadian campuses. In 2014, media investigations revealed the hodgepodge, incomplete nature of information collected at universities and colleges. Schools weren't even tracking the same categories of incidents and they had no obligation to share their data publicly. A concealing blanket lay atop a space where, advocates say, woman face heightened risk of sexual assault.

In reaction, Ontario passed a law requiring campuses to create specific sexual assault policies and data-reporting practices. In B.C. and Alberta, advocates are drawing up recommendations for how campuses should track and investigate sexual assault complaints and support survivors.

Tracy Porteous, part of that team, wants to see schools in B.C. adopt a computer database that would track complaints and aid investigations (like police systems) and also compile statistics (unlike police systems).

But even these efforts are insufficient.

For one, not all provinces are demanding change. Whatever data is generated might not even be comparable to that of schools in other provinces, let alone to police or StatsCan. And I highly doubt it will be sufficiently detailed, given that, in Ontario, schools have been vaguely instructed to collect "information" on sexual assault complaints.

It's particularly ironic that this kind of paltry information exists in the age of big data, giving lie to the belief that boundless information is everywhere, just waiting to be found. There's a chance, though, that new mathematical algorithms of the kinds studied by Prof. Andrea Lodi could shed light on what little sex assault data we've got. Lodi, the Canada Excellence Research Chair in Data Science for Real-Time Decision-Making, calls it that kind of analysis "the new frontier."

But you can't sift insight from thin air. Police, schools and even StatsCan must be compelled to collect more information and collaborate more closely.

Data could be our last, best shot to change abysmal rates of sexual violence, reporting and convictions. We must start actually using it.

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Possible 400-year-old Caravaggio found in an attic in France

Land of cashew milk and honey

To adopt healthier eating habits, focus on adding an extra portion of fruit and veg to every meal rather than dwelling on the foods you're cutting out, advises food writer Ella Woodward. CONTRIBUTED

INTERVIEW

Plant-based meals made easy thanks to Deliciously Ella

Melita Kuburas
Metro | Canada

Addition, not subtraction, is the key to making a seamless transition to healthier eating habits, says U.K. food blogger Ella Woodward.

"Deprivation doesn't work," says Woodward, who visited New York and Toronto last week to promote her new book, Deliciously Ella Every Day (Simon & Schuster Canada).

"I try and help people to focus on adding stuff in, rather than always thinking what you're cutting out," she tells Metro.

Woodward overhauled her lifestyle after being diagnosed with Postural Tachycardia Syndrome.

One of the symptoms of this condition is a difficulty maintaining a normal heart rate, which meant even the simplest tasks were unconquerable for her.

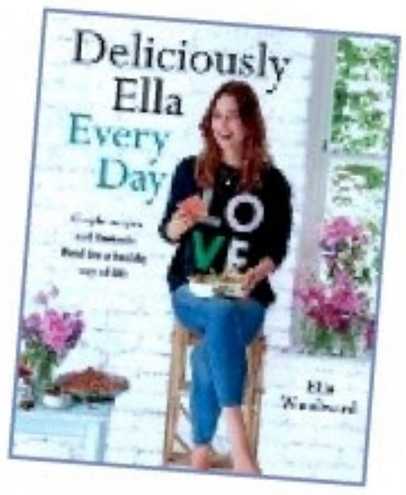
She says switching to a plant-based diet has helped her, but Woodward stays away from offering health advice to her fans (she has over 800,000 followers on Instagram, another 392,000 on Pinterest).

ELLA'S FAVOURITE
"They're so easy. It takes three minutes and you can always make a big batch at once and freeze the rest."

"I don't want to give very specific advice. I think that nutrition is absolutely amazing but it's so important to work one-on-one with someone. I'm much more about just promoting eating natural foods, showing people easy, more tasty ways of eating them and incorporating them into their life."

Start with simple changes like switching to brown rice instead of white, or swapping quinoa for pasta.

Before you know it, you'll be craving home-made cashew milk and cauliflower pizza crust — and it won't feel like a diet.



RECIPE FROM DELICIOUSLY ELLA EVERY DAY

A favorite recipe from my blog, which I hope you'll love. It's incredibly simple but very addictive; the first time I made this I cooked it four or five times in the following two weeks! There's just something about the mix of soft, buttery beans smothered in home-made pesto with sautéed spinach, crunchy pumpkin seeds and sweet, juicy pomegranates that I can't get enough of.

WARMING PESTO LIMA BEANS

Serves 1.

Ingredients for the pesto:
- 1 garlic clove
- 6 tablespoons pine nuts
- big handful of fresh basil leaves (1 ounce)
- 3 tablespoons olive oil
- juice of 1 lemon
- salt and pepper

Ingredients for the salad:
- one 15-ounce can lima beans, drained and rinsed
- 3.5 ounces spinach
- olive oil
- juice of 1 lemon
- pepper
- handful of pumpkin seeds
- sprinkling of pomegranate seeds

Directions:
1. Start by making the pesto. Simply peel the garlic and then put all the ingredients into a food processor and blend until smooth. Set aside.

2. Place the beans in a frying pan with the spinach and pesto and sauté everything in a splash of olive oil for 2–3 minutes until the spinach has wilted and everything is warm.

3. While they cook, squeeze the lemon (for the salad) over the beans and add pepper.

4. Place the pesto beans and spinach into a bowl and sprinkle the pumpkin and pomegranate seeds over the top.

Tweak it
In hot weather, swap the wilted spinach for fresh arugula and serve this as a cold salad.

BOOK EXCERPT CHICKPEA FLOUR DOES IT ALL BY LINDSEY S. LOVE

Chickpea flour adds a cheesy touch

This Alfredo with Watercress and Chives is vegan friendly thanks to chickpea flour. CONTRIBUTED

FOOD ALTERNATIVES

Legume mimics gooey goodness of sauces made from dairy

Upon first discovering that chickpea flour can not only be used as a thickener in sauces but also made into a sauce all on its own, I was beyond excited for the possibilities, and the outcome of this sauce completely exceeded my expectations.

Many, if not most, vegan cheese substitutes incorporate some type of nut that gives a cheese-like consistency when soaked and blended with water.

However, I was always a little disappointed that my "cheese" sauces continually didn't have that gooey, cheesy texture. So when fooling around with a chickpea flour mix one day, I thought why not add it to the base of a vegan cheese sauce to give it that gooeyness I had longed for.

After I added some flavourings, salt and pepper, and the like, I was amazed at the result: a cheese sauce tasting just the way I remember from my childhood.

There are so many ways of incorporating this sauce into meals and dishes, whether it's over pasta, as a warm cheesy dip for vegetables, or poured over baked sweet potatoes or homemade french fries.

Alfredo with Watercress and Chives
Serves: 4
Prep time: 12 hours
Cook time: 20 minutes.

Ingredients:
- 16 ounces (454 g) gluten-free and vegan pasta (or pasta of choice)
- ¼ cup (40 g) plus 1 Tbsp cashews, soaked overnight and drained
- 1 Tbsp extra virgin olive oil
- 1 Tbsp plus 1 ½ teaspoons nutritional yeast
- 2 tsp apple cider vinegar
- 1 ½ tsp lemon juice
- 2 garlic cloves, roughly chopped
- ½ tsp sea salt, plus more to taste
- Freshly ground pepper
- 1 cup (240 ml) water
- ¼ cup (30 g) chickpea flour
- 2 Tbsp chopped chives, plus chive flowers for garnish
- 1 cup (34 g) packed watercress
- Freshly ground nutmeg, to taste

Directions:

1. Begin cooking the pasta, according to instructions on the bag. While the pasta is cooking, make the sauce.

2. Place the soaked cashews in an upright high-speed blender; add the oil, yeast, vinegar, lemon juice, garlic, salt, and pepper to taste; set aside.

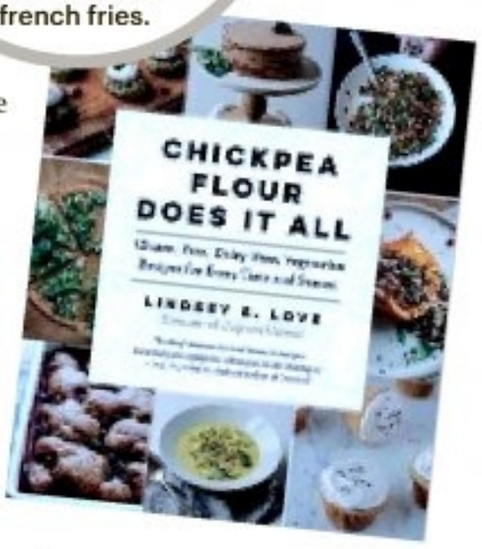
3. In a small saucepan, whisk together the water and flour, turn the heat to medium and continue to whisk for 6 to 7 minutes, until the mixture thickens to the consistency of a roux. Gently and carefully pour the mixture into the blender. Blend on high for 1 minute, until creamy and smooth. Taste and adjust any seasonings, if needed. Add 1 tablespoon of chives and blend on medium for about 30 seconds.

4. In the last 30 seconds of cooking the pasta to al dente, add the watercress and cook until wilted. Drain the pasta and watercress and quickly rinse with cold water to stop them from cooking.

5. Transfer the pasta and watercress to a serving bowl; pour the sauce over the pasta and mix. Taste and adjust salt, if needed. Serve hot with remaining 1 tablespoon of chives, chive flowers, and nutmeg.

TRY IT ON OTHER FOODS

There are so many ways of incorporating this sauce into meals and dishes, whether it's over pasta, as a warm cheesy dip for vegetables, or poured over baked sweet potatoes or homemade french fries.



RECIPE FROM CHICKPEA FLOUR DOES IT ALL: GLUTEN-FREE, DAIRY-FREE, VEGETARIAN RECIPES FOR EVERY TASTE AND SEASON ©LINDSEY S. LOVE, 2016. REPRINTED BY PERMISSION OF THE PUBLISHER, THE EXPERIMENT. AVAILABLE WHEREVER BOOKS ARE SOLD. THEEXPERIMENTPUBLISHING.COM

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CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST

Now it's OK to eat like a bird

Canary seed quick facts

Canary seed, which has been used almost exclusively as bird seed in North America, recently received approval to be sold for human consumption in both Canada and the United States.

1 What human food can canary seed be used in?
Baked goods and mixes for bagels, biscuits, breads, rolls, cookies, crackers, doughnuts, pancakes, waffles, muffins, pies, breakfast cereals, flours and brans. It can be sprinkled like sesame seed and can also be used in energy, meal replacement, and fortified bars; granola and cereal bars; pasta; and snack foods.

2 It's nutritious
With about 20 per cent protein, it's one of the higher protein cereal grains grown in Canada. It has a high percentage of unsaturated fatty acids and provides folate and iron. It's gluten-free, too.

3 Canada is the No. 1 exporter
Canada has well over 80 per cent of the world's canary seed exports, with Saskatchewan the top grower. In 2015, an estimated 149,000 tonnes of canary seed with a farm gate value of roughly $90 million was harvested from more than 1,200 square kilometres.

NUTRITION

Health Canada gives the green light to eating canary seed

Move over, feathered friends: canary seed has been approved for human consumption by Health Canada and the U.S. Food and Drug Administration.

The high-protein, gluten-free grain — similar in size to flax seed and sesame seed — can now be incorporated whole into energy and snack bars and sprinkled on hamburger buns and bagels. It can also be ground into flour for use in cookies, muffins, crackers, breads, tortillas and pasta.

It's good news for farmers in Saskatchewan, where the bulk of the world's canary seed crop is grown and exported.

It's hoped the approval for human consumption will broaden the market, says Kevin Hursh, executive director of the Canaryseed Development Commission of Saskatchewan.

Carol Ann Patterson, a food scientist with The Pathfinders Research and Management Ltd., in Saskatoon, had been working with the commission since about 2006 as regulatory approval was sought for the seed to be used as a cereal grain, similar to oats, wheat, barley and rye.

"From a protein perspective, compared to other cereals, canary seed ranks up there," says Patterson.

"And that's why it's so good for gluten-free applications because right now a lot of the flours that are used ... don't have the same nutrient composition as canary seed would have in terms of fatty acids, in terms of the vitamins, in terms of fibre and in terms of protein content."

Roasted canary seed has a nutty flavour with a pleasant aroma.

Marlene Hursh adapted a popular chocolate chip cookie recipe to use canary seed flour and groats (dehulled grain when the outer seed coat is removed, allowing you to see the seed colour).

Canary Seed Chocolate Chip Cookies

Ingredients:
If canary seed flour is unavailable, use 250 ml (1 cup) all-purpose flour.

- 125 ml (1/2 cup) softened butter or shortening
- 50 ml (1/4 cup) white sugar
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 5 ml (1 tsp) vanilla
- 175 ml (3/4 cup) all-purpose flour
- 50 ml (1/4 cup) canary seed flour
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 250 ml (1 cup) chocolate chips
- 50 ml (1/4 cup) canary seed groats (optional)
- 125 ml (1/2 cup) chopped nuts (optional)

Directions:
1. In a bowl, cream together butter and white and brown sugars until light and fluffy. Add egg and vanilla and beat until smooth.
2. Stir in flours, soda and salt. Blend well.
3. Stir in chocolate chips, and canary seed groats and nuts, if using.
4. Drop by spoonfuls on ungreased cookie sheet 5 cm (2 inches) apart. Bake in a 190 C (375 F) oven for 8 to 10 minutes.

THE CANADIAN PRESS

Canary seed, seen here being harvested in Saskatchewan, has been approved for human consumption by Health Canada and the U.S. Food and Drug Administration. THE CANADIAN PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Hot sauces

Olé! More and more spice seekers are piling their food with peppery sauces, but you may get burned by more than just the taste.

PICK THIS

Sriracha Hot Chili Sauce from Huy Fong Foods (1 Tbsp)
Sodium 240 mg

SKIP THIS

Frank's RedHot Original Cayenne Pepper Sauce (1 Tbsp)
Sodium 570 mg

HERE'S WHY

Equivalent to 30 Rold Gold Classic Style Tiny Twists pretzels in sodium

Adding a hot pepper sauce to spice up your food may seem like a healthier alternative than loading it with other condiments like ranch dip, chipotle mayo or ketchup, but don't go overboard! At a glance the two spicy sauces may seem similar. Both have virtually no calories, fat or sugar, but by switching to Sriracha you cut your sodium down by half. Too much sodium can lead to high blood pressure — a risk factor for strokes, heart disease and kidney disease.

LIQUID ASSETS

Much love for Malbec

Though Malbec can trace its vine back to France's Bordeaux and southern Cahors regions of France, in today's wine world it's best known as the calling card of Argentina.

That's proven to be a double-edged corkscrew. Becoming so synonymous with the country has trained consumers to buy little else from Argentina, leaving great wines made with locally grown Tannat, Bonarda and Torrontés collecting dust.

Malbec World Day on April 17th, is an attempt by Argentina (and other Malbec makers) to give the grape some well-deserved props. Graffigna's 2013 Centenario Reserve Malbec ($12.79-$14.99) is made in the San Juan region. Dark, black and spicy, it's a natural mate for grilled meats.

PETER ROCKWELL/METRO

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Starting From Price for 2016 Jeep Cherokee Limited shown: $34,540.♪

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Starting From Price for 2016 Dodge Journey Crossroad shown: $32,140.♪

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Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A+AGR)/2016 Jeep Cherokee Sport 4x4 (24A)/2016 Dodge Grand Caravan SXT (29E)/2016 Dodge Journey SXT (29E) with a Purchase Price of $31,248/$29,087/$29,145/$29,550 with a $1,998/$0/$998/$998 down payment, financed at 0% for 84/84/72/60 months equals 182/182/156/130 bi-weekly payments of $161/$160/$180/$220 with a cost of borrowing of $0 and a total obligation of $31,248/$29,087/$29,145/$29,550. €$10,350 in Package Value available on the new 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: $7,000 Consumer Cash Discount, $850 No Charge Uconnect Hands-Free Group and $2,500 Ultimate Family Package Savings. $5,700 in Package Value available on the new 2016 Dodge Journey SXT Ultimate Family Package model based on the following MSRP options: $2,000 Consumer Cash and $2,500 DVD Bonus Cash and No Cost Options of $1,200. 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Example: 2016 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $25,237 leased at 1.49% for 48 months with a $500 security deposit, $1,848 down payment and first month's payment due at lease inception equals 48 monthly payments of $278 with a cost of borrowing of $1,135.17 (including $60.25 PPSA registration) and a total obligation of $15,244.02. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ❖0% lease financing for 24 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $25,237 leased at 0% for 24 months with a $500 security deposit, $1,848 down payment and first month's payment due at lease inception equals 24 monthly payments of $355 with a cost of borrowing of $0 and a total obligation of $10,424.65. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ‡3.49% lease financing for up to 48 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,162 leased at 3.49% for 48 months with a $500 security deposit, $1,898 down payment and first month's payment due at lease inception equals 48 monthly payments of $238 with a cost of borrowing of $2,012.79 (including $60.25 PPSA registration) and a total obligation of $13,397.04. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. *Consumer Cash/Jeep Cash Discounts are deducted from the negotiated price before taxes. ~Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: 2016 Ram 1500 Quad Cab SXT 4x4/2016 Dodge Grand Caravan Canada Value Package with a Purchase Price of $31,248/$21,905 with a $1,998/$0 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $191/$153 with a cost of borrowing of $5,465/$5,857 and a total finance obligation of $36,713.47/$27,761.84. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. [1]Based on 2014 Ward's Middle Cross Utility segmentation. [2]Based on 2014 Ward's Sport and Cross Utility segmentations. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data as of July 1st, 2015 for Crossover Segments as defined by FCA Canada Inc. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. **The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

metro DRIVE
Your essential daily news

Lamborghini commissions artist Alfonso Borghi to create art inspired by the Miura

Kia is boxy, but has a lot of Soul

REVIEW

Latest model feels roomier than past offerings

Jil McIntosh
For Metro Canada

Boxy styling isn't necessarily the prettiest, but it certainly is practical. The Kia Soul may be a compact, but its squared-off shape gives you more interior space than you might expect.

The base trim line comes with a 1.6-litre engine making 130 horsepower, but I'd suggest moving up to the 2.0-litre engine, which produces 164 horsepower and is used in all the other trims.

The larger engine comes solely with a six-speed automatic transmission and while it gets noisy on hard acceleration, it handles both city and highway driving quite well.

The tight turning radius makes it easy to park in small spaces, especially with the rearview camera that's optional on the mid-range EX trim and standard on my top-line SX tester.

There's also a gimmicky feature called Flex Steer, included on all models, which lets the driver switch the steering feel between normal, comfort, or sport.

Kia has made improvements over the original system, which was far too soft in comfort mode, but even in sport mode it could use a bit more steering weight.

At an average published fuel economy of 8.8 L/100 km, the Soul isn't a gas-guzzler but also isn't as efficient as many other vehicles its size.

The Soul feels substantial, and the interior is comfortable and with good fit-and-finish. The base model is exactly that, as its extra cost to put air conditioning into it, but the upper trim lines add numerous features.

> **The tight turning radius makes it easy to park in small spaces, especially with the rearview camera that's optional.**

For $25,995, my tester included a heated steering wheel, heated leather seats, power-folding mirrors and an auto-dimming rearview mirror.

The top trim, at $27,495, has lane departure and front collision warning, navigation, heated and cooled seats, and a panoramic sunroof.

There used to be far more entries in this "tall wagon" category, such as Toyota's Matrix, Honda's Element, and the Nissan Cube.

The Soul has outlasted them all and now, in its second generation, has matured into a well-outfitted model that makes the most of its compact proportions.

THE CHECKLIST | 2016 KIA SOUL

THE BASICS

Type. Four-door, five-passenger compact hatchback
Engine (hp/torque): 1.6-litre four-cylinder (130/118), 2.0-litre four-cylinder (164/151)
Transmissions. Six-speed manual (1.6 only), six-speed automatic
Price. $17,195 (base), as-tested $25,995

COOL FEATURES

- Heated wiper de-icer
- Heated and cooled leather seats
- Rearview camera
- Cooled glovebox
- Front collision warning system
- Navigation system

KIA PHOTOS JIL MCINOTSH/FOR METRO; OTHERS HANDOUT

POINTS

- Like all Kia models, the Soul comes with a five-year/100,000 warranty that covers almost everything.
- The tested SX Sport trim line comes exclusively in red-black or red-white two-tone colour schemes.
- The Soul has virtually the same headroom as Kia's midsize Sorento SUV.

MARKET POSITION

Although Kia shares most of its model configurations with similar offerings from parent company Hyundai, the Soul is stand-alone with no matching equivalent. It's also available as an all-electric model, the Soul EV.

THE COMPETITION

Chevrolet Sonic
Base price: $14,395

Honda Fit
Base price: $14,790

Fiat 500L
Base price: $21,995

GREEN NEWS

Mercedes commits to electric Smart fleet by end of 2016

At its annual shareholder meeting in Berlin, Mercedes-Benz parent company Daimler pledged to develop and launch a battery-powered car with a 500-kilometre range before the end of the decade.

Dr. Dieter Zetsche, Daimler's chairman and the head of Mercedes-Benz Cars, said, "The more cars and commercial vehicles are on the road, the more efficiently each one of them must be operated."

Compatriot company Porsche, despite being a niche manufacturer in terms of sales and vehicle lineup, is already hard at work bringing a similarly long-range electric car to market with a goal of a 2018 launch.

However, as a company that sells millions of private and commercial vehicles every year, Daimler needs to move more quickly in order to reduce emissions and cut pollution across its fleet.

By the end of 2016 every current vehicle in the company's Smart range of inner-city cars will be offered as a plug-in electric vehicle and it also intends to bet big on hybrid drivetrains as a short-term solution while full EV technology catches up for larger vehicles.

Mercedes' Dr. Dieter Zetsche says the company welcomes disruptors like car sharing and autonomous driving. DAIMLER AG

"In 2017, we will have 10 plug-in (hybrid) models on the market," said Zetsche.

Despite the continuing backlash from the Dieselgate scandal, Daimler also reiterated its faith in diesel and its crucial role to play in lowering the average CO2 emissions on roads not just in Europe, but around the globe.

"At Mercedes, we believe in the diesel engine — and in our engineering skills," said Zetsche.

The notion of personal mobility is going through its biggest single evolution since Karl Benz invented the internal-combustion-engine-propelled motorcar in 1885. Daimler is the company that grew out of that initial automotive eureka moment and as a result likes to lay claim to being the car's creator.

And rather than trying to preserve the status quo, the company believes the disruption coming from autonomous driving technology, pollution concerns, upstarts like Tesla and the popularity of services like Uber are all positive.

"It is a matter of utilizing the opportunities that changes bring along," Zetsche said.

It's also why Daimler is also investing heavily in its existing ride-sharing services and on efficient long distance buses. AFP

Competition brings EV advances

GM

Range-extended Cadillac ELR on chopping block

Cadillac will pull the plug on the Chevrolet Volt-based ELR luxury plug-in hybrid coupe at the end of its production cycle in 2018. As costly as it is underappreciated, the ELR has been a slow seller since its debut in 2014, according to auto-information Web site Autos Cheat Sheet. With the ELR starting at a hefty $75,995 US in America (closer to $80,000 in Canada), dealers sold just 1,024 units in all of 2015.

TEXT AND IMAGES BY WHEELBASE MEDIA

DELTAWING + DHX

Electric motor collab in the works

DeltaWing Technology Group and DHX Electric Machines, both based in Georgia, are collaborating to build small, lightweight electric motors for automotive applications. The companies claim that their electric motors are 75 per cent smaller than equivalent-output motors for automotive applications, achieved through engineering improvements in heat management.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

NISSAN-RENAULT

Bolt not giving us a jolt: CEO

Facing stiffer competition from electric-car competitors — notably from the 320-kilometre all-electric Chevrolet Bolt EV coming later this year — doesn't seem to worry the CEO of the world's largest maker of electric vehicles, Carlos Ghosn of Nissan-Renault. Ghosn told attendees at the recent 2016 Automotive News World Congress in Detroit that he welcomes the competition. Expansion of the electric-vehicle segment would encourage governments, buyers and electric utilities to invest in charging infrastructure, notes alternate-vehicle web page, Green Car Reports. "We are all part of the same thing," he said. Governments need to play a major role in expanding charging infrastructure, which he views as vital to growing the appeal of electric cars with consumers.

TWO WORDS

Honda provides clarity on fuel-cell sedan

The 2016 Honda Clarity Fuel Cell sedan will sport a fuel-cell stack that is 33 per cent more hydrogen compact, yet 60 per cent more power dense than the one in the FCX concept car that became the Clarity. Honda says the new stack fits fully under the hood, allowing more passenger space inside. Range is expected to exceed 500 kilometres and refueling time is claimed to be less than five minutes. Says auto news and enthusiast magazine, AutoWeek, "this thing is starting to sounds suspiciously like a regular car."

IN BRIEF

Gas leak output equivalent to driving eight billion kilometres

A methane leak at an underground natural gas storage facility near Porter Ranch, Calif., has since last November negated the environmental benefits of most of California's electric vehicles. As of late January, reports the Los Angeles Times, it was estimated to have spewed as much greenhouse gas as a car would emit if driven eight billion kilometres.

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Volvo C70 a family-friendly top-down

USED VEHICLE

Check roof panels in 2006-2013 models

Unlike two-seat 'roadster' style drop-tops, a convertible like the Volvo C70 can handle a complement of four occupants when needed, making it an ideal choice in a family-ready ride that's big on top-down summertime fun.

The Test Drive

Open and close the convertible top several times, ensuring no warning lights illuminate, that there's no binding or straining apparent during the process, and that the roof opens and closes, consistently, each time.

Check roof panels for signs of paint wear or damage, which could indicate misaligned arms, or panels that are contacting one another as they fold away.

Stop the roof halfway through its range of motion, when all panels and their seals will be visible. Note that rubber seals should be plump, intact and free of damage or missing chunks. Remember that periodic lubrication of the rubber weather seals, as well as periodic cleaning of debris from the built-in rain gutters and drainage holes, can add to the durability and reliability of the motorized top. Finally, inspect the interior headliner, as some owners have reported ceiling fabric that sags over time and can interfere with roof operation.

Insist on test-driving the used C70 when it's been sitting, cold, a few hours ahead of your arrival. From a cold start, let the car idle up to operating temperature before driving it, noting that milky tailpipe smoke is often a warning sign of a bad turbocharger. Poor performance, could be the result of a bad engine sensor.

JUSTIN PRITCHARD/FOR METRO

JUSTIN PRITCHARD/FOR METRO

Features

The C70 combined four-seat comfort and space with a roof-optional motoring experience designed for luxury and peace of mind. Conceived and calibrated for hours-long top-off comfort, the C70's power-retractable hard-top flips and folds into the trunk at the touch of a button, in about 30 seconds.

Engines

All C70 models come with Volvo's silky 'T5' powerplant: a 2.5-litre five-cylinder unit with dual camshafts and an intercooled turbocharger, good for 227 horsepower sent to the front wheels. A five-speed automatic, or a six-speed manual, were available.

What owners like

Owners typically report a safe, solid and secure feeling on the road, a comfortable and nicely styled cabin, a quiet and relaxing overall driving experience, and exceptional performance from the optional Dynaudio stereo. The engine, transmission and even shifter and clutch are said to be smooth and refined.

What owners dislike

Owner gripes centre around soggy steering and handling which won't appeal to driving enthusiasts, the slashing of cargo space when the roof is folded down, and a low-hanging trunk lid that's easy to whack one's cranium on.

The verdict

A used C70, inspected carefully by a technician, should prove a confident used convertible buy.

SAFETY

Don't need crash course to pick a helmet

It doesn't matter how cool a crash helmet may look or how well it goes with your brand new bike or syncs with your phone's Bluetooth system — unless it fits your head properly, in the event of an accident it will offer the same amount of protection as any other fashion accessory.

Despite the unrelenting march of online shopping and the growing trend for showrooming, buying a crash helmet, particularly if it's your first, is something that should only ever be done in person.

"We always stress for people to go to their local dealer to buy a helmet, where trained staff can ensure they get the right fit for them," explains Mark Eilledge, the racing and technical manager for Shark helmets.

You can check the size of your head with a tape measure for a rough idea of fit (just like before buying a hat) but "different helmet brands — and styles within the brand — have different fits and suit different people," Eilledge explains.

Regardless of whether you like the look of a full-face, modular, off-road or open-face helmet, all types and styles of helmet are identical when it comes to fitting.

And in this regard, it's surprising that even experienced bikers are often caught out, thinking a helmet should feel loose on the head.

"If it slides on too easily then it's too big and won't protect you effectively," says Eilledge, pointing out that once on, a rider shouldn't be able to get a finger between the helmet and the liner. 'You should feel the skin on your head move rather than the helmet shift (when moving the helmet up and down or side to side with your hands). If the helmet moves independently from your head, then it's too big."

The lining is key to fit, comfort and safety in all helmets and it is the liner's condition that dictates how effective the helmet will be in the event of an accident.

"Often people think it's damage to the outside of the helmet over time which means it needs replacing, when actually, it's the bacteria and the acid inside from the rider's head that degrades it from the inside. I always say: Imagine having the same pillowcase on your bed for five years without washing it," explains Eilledge. AFP

While most people think its the outside world that degrades a helmet, it's actually bacteria and acids from a riders head that cause the most damage. AFP

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O.A.C by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: $10,000 at 0% APR, monthly payment is $119.05 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. 2Offer applies to individuals who apply for a Scotiabank® GM® Visa Card (GM Card) or current Scotiabank® GM® Visa Cardholders. Credit valid towards the retail purchase or lease of one eligible 2016 model year Chevrolet/Buick/GMC/Cadillac delivered in Canada from April 1, 2016 – May 2, 2016. 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See your GM Canada dealer for details. GM Canada reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ▼/♦/‡/2/***Freight & PDI ($1,650/$1,600/$1,700), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2016 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GM Canada may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. 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See dealer for limited warranty details. ††2016 Malibu Premier 2LZ, MSRP with freight, PDI & levies $33,839. 2016 Cruze Limited LTZ, MSRP with freight, PDI & levies $29,039. 2016 Trax LTZ, MSRP with freight, PDI & levies $31,139. Dealers are free to set individual prices. 1Offer valid to eligible retail lessees in Canada who have entered into a lease agreement with GM Financial and accept delivery from April 1, 2016 – May 2, 2016 of a new or demonstrator 2016 model year Chevrolet, Buick, GMC car or crossover (except 2016MY Chevrolet Colorado 2SA and GMC Canyon). General Motors of Canada Company will pay one month's lease payment or two biweekly lease payments as defined on the lease agreement (inclusive of taxes and any applicable pro-rata amount normally due at lease delivery as defined on the lease agreement). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. 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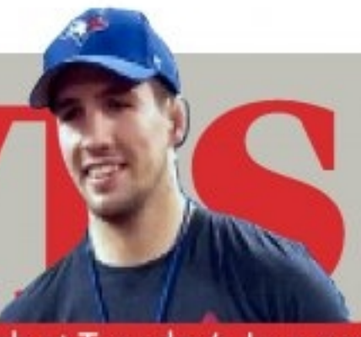


B.C.'s Rory MacDonald, headliner of June's UFC Fight Night in Ottawa, took in batting practice and threw out the first pitch at Tuesday's Jays game

Cameron shown the door

SENATORS

Head coach and his staff fired by new GM

Pierre Dorion wasted no time making his first move as general manager of the Ottawa Senators.

Head coach Dave Cameron and assistants Andre Tourigny, Jason Smith and Rick Wamsley were all fired Tuesday, just two days after Dorion took over as GM from Bryan Murray. Smith was offered another position within the organization.

Ottawa missed the NHL playoffs after posting a disappointing 38-35-9 record.

Cameron completed his first full season as Ottawa's head coach, posting a 70-50-17 overall record. He also spent three years as an assistant coach with the club and has a year remaining on his contract.

Cameron, 57, was the 11th coach in franchise history. He took over as head coach Dec. 8, 2014 after the struggling team fired Paul MacLean.

The Senators made an improbable run to the post-season after Cameron took over, qualifying for the playoffs in their final regular-season game. Ottawa finished 23-4-4 over its final 31 games, making up a 14-point deficit.

After taking the favoured Montreal Canadiens to six games in the first round of the 2014-15 playoffs, the Senators were expected to build on their success and repeat as a playoff team this season. Instead, they were plagued by injuries and inconsistent play and took a significant step back.

The Sens were 70-50-17 with Dave Cameron has their head coach. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Tuesday's moves weren't surprising as the coaching staff wasn't invited to participate in player exit meetings Monday.

"This is not a great day and it's not a fun day," Dorion told reporters. "They are all good people.

"It was tough for me to do on a personal level and on a professional level."

> **Players are part of this too. You can't fire 23 players, you can't.**
> GM Pierre Dorion

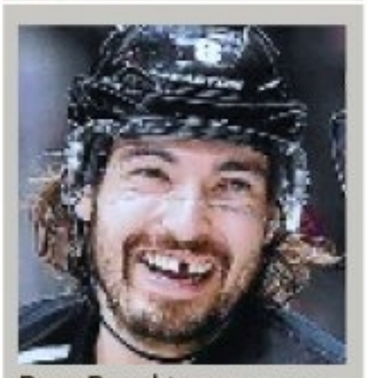
Ottawa has had a coaching carousel since Bryan Murray left following the 2006-07 season. The club has gone through six head coaches, including Murray's brief stint in 2008 after John Paddock was fired.

Dorion said ideally a new head coach will be in place come the NHL draft in June but won't hesitate to wait if the right candidate isn't found by then.

"This is huge," he said. "I just need to make sure I make the right decision.

"Probably (of) anything that we do in the next few years, this will (have) the biggest impact on the team so we're going to take our time. We're going to do it in the proper manner, we're going to hire the right person." THE CANADIAN PRESS

IN BRIEF



Drew Doughty GETTY IMAGES

Kings GM: Doughty is the best all-around blue-liner

Defenceman Drew Doughty is the bedrock of the Los Angeles Kings' run to two Stanley Cup titles and their return to the post-season this week.

General manager Dean Lombardi thinks it's time Doughty was recognized for his excellence with his first Norris Trophy. He also has strong words for anybody who thinks Ottawa's Erik Karlsson is the NHL's best all-around defenceman.

Lombardi said the race is "not even close" in his mind. THE ASSOCIATED PRESS

MMA fighter dies days after knockout loss

A mixed martial arts fighter from Portugal died Tuesday, three days after being hospitalized with injuries from a fight.

Total Extreme Fighting announced the death of Joao Carvalho, a 28-year-old who was knocked out in the third round of a welterweight fight against Charlie Ward in Dublin on Saturday. THE ASSOCIATED PRESS

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Classic Cristiano magic

UEFA CHAMPIONS LEAGUE

Portuguese's treble gets whiteshirts out of trouble

Cristiano Ronaldo came through for Real Madrid again, scoring a hat trick to lead his team back to the semifinals of the Champions League with a 3-0 win over Wolfsburg on Tuesday.

Ronaldo netted goals in the 16th and 17th minutes, and then added a decisive third with a remarkable free kick in the 77th as Madrid overturned a 2-0 loss in last week's first leg to win 3-2 on aggregate.

The Portugal striker delivered when Madrid needed a goal scorer, sending a curling shot in-between a couple of defenders in the Wolfsburg wall to earn his team a place in the semis for the sixth straight season and avoid a major upset to the German side.

"He scored three goals when the team needed him," Madrid coach Zinedine Zidane said. "He is special."

Ronaldo took his tournament tally to 16 goals from 10 games this season, one shy of the Champions League record he set in the 2013-14 season. He remains the all-time leading scorer in the Champions League, now with 93 goals.

"For those who doubted Ronaldo, he has vindicated himself again," Madrid defender Sergio Ramos said. "We need him."

It was Ronaldo's 40th hat trick for club and country, and the sixth this season.

Several minutes after the final whistle, Ronaldo and the rest of the Madrid players returned to the pitch to show their appreciation to the fans who were still celebrating at the Santiago Bernabeu Stadium.

"It was a special night, we started with tremendous intensity and showed our rival how much we wanted this," Zidane said. "The fans were phenomenal today. We can only thank them for how they supported us." THE ASSOCIATED PRESS

Cristiano Ronaldo headed in the second of his three goals against Wolfsburg on Tuesday.
CURTO DE LA TORRE/AFP/GETTY IMAGES

MAN CITY

Kevin de Bruyne sent Manchester City into the Champions League semifinals for the first time, securing a hard-fought 1-0 win over Paris Saint-Germain to build on a 2-2 draw from the first leg.

GETTY IMAGES

IN BRIEF

No. 42's contract on display

Jackie Robinson's contract with the Brooklyn Dodgers that broke Major League Baseball's colour barrier is on public view in New York and soon in other places, as well.

The April 11, 1947, document, together with a contract Robinson signed two years earlier with the Montreal Royals, is on display at Collectors Cafe, a collectibles auction venture in Times Square. THE ASSOCIATED PRESS

Payton fed up by 'madness'

New Orleans Saints coach Sean Payton is angered over U.S. gun laws and derides as "madness" the idea that everybody needs a gun.

"I hate guns," he said in an interview with USA Today Sports.

Payton spoke following the shooting death of Will Smith, a 34-year-old former Saints defensive lineman. He was killed Saturday night after an argument following a traffic accident in New Orleans.

THE ASSOCIATED PRESS

RECIPE Orzo, Basil & Tomato salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This salad packs lots of flavour due to the fresh basil and tomatoes, and it makes you think you're eating a picnic dinner in a garden. Not bad for a Wednesday.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 2 cups cooked orzo
- 25 fresh basil leaves, various sizes
- 1 shallot, cut into quarters
- 2 cloves garlic
- 3/4 cup olive oil
- zest and juice of one lemon
- 1 teaspoon honey
- salt
- 1 tablespoon water
- 1 cup halved cherry tomatoes
- 1 cup shaved parmesan cheese
- 5 mint leaves chopped

Directions

1. Cook orzo pasta according to package directions. Set aside.

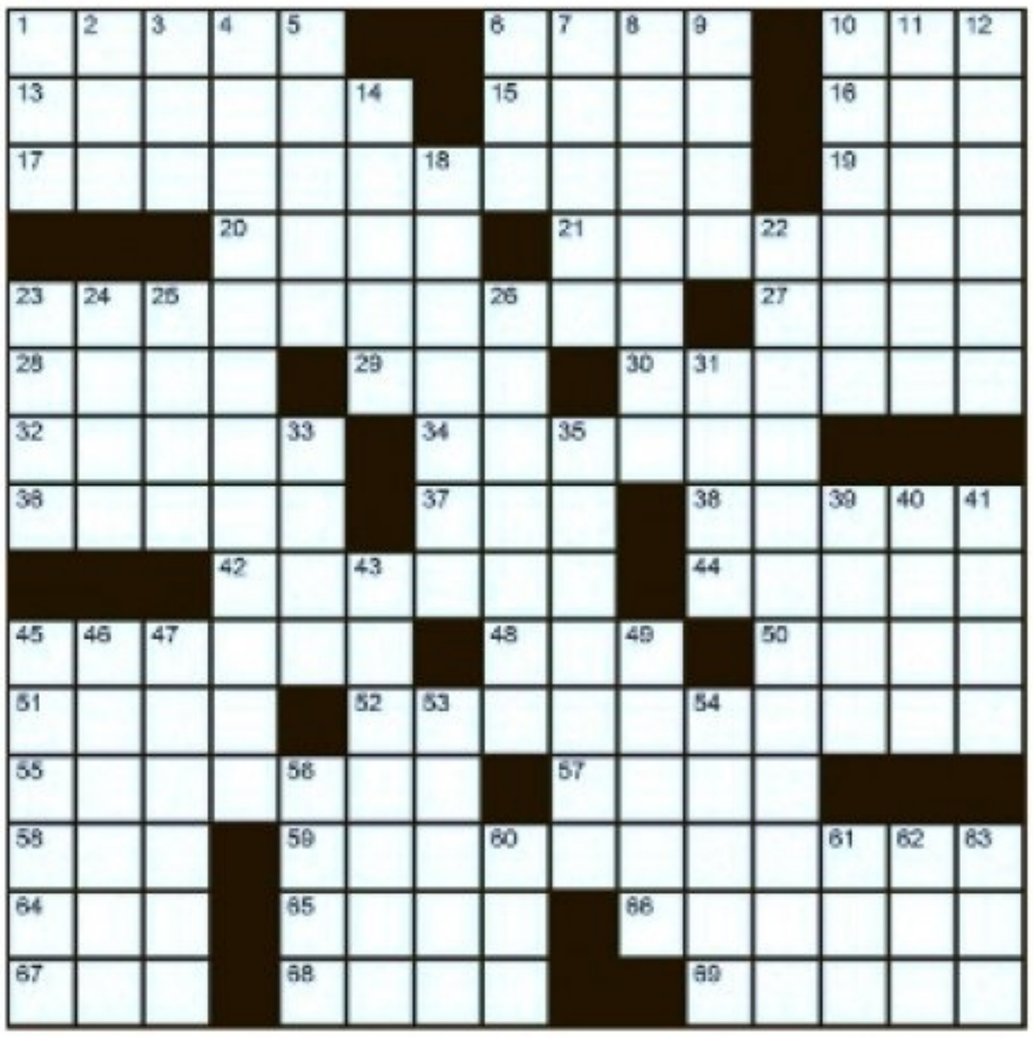
2. Place basil leaves, shallot, garlic, oil, lemon zest and juice, honey and salt in a blender (you can also use an immersion blender) with water and give it a whiz until blended.

3. Mix dressing into pasta. Stir in cherry tomatoes and parmesan. Sprinkle fresh chopped mint.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Historic Puritan port city
6. Customer's slip [abbr.]
10. Poet's 'atop'
13. Treasured stashes
15. 'Smack' suffix (Dollar, in slang)
16. Opposite SSW
17. Crunch those numbers again
19. 2016 Pres. candidate ...his initials-sharers
20. Neither 'for' nor 'against' [abbr.]
21. Positioned-to-catch-the-baseball shout!: 3 wds.
23. Mishmash
27. Country property expanse
28. Ms. Sands of '60s songs
29. Pre-summer time, wee-ly
30. Top-_ (Best of the best)
32. _ Park (Thomas Edison's home/lab site in New Jersey)
34. Like the 'feet' of some poets
36. "...the bombs bursting _ _..."
37. _ Khan Museum (Toronto attraction)
38. Mr. Wyle's
42. Detector
44. Pull at: 2 wds.
45. Remain: 2 wds.
48. Mr. Geller
50. Barn's weathery decoration
51. "Brava!"-inducing vocal
52. _ chicken (Swiss Chalet's famous serving)
55. Boulevard in Winnipeg
57. The Koh-i-_ Diamond
58. _ Ken (Working dog breed)
59. Canadian team of superheroes in Marvel Comics: 2 wds.
64. Mel of baseball fame
65. Reality star Coco's rapper-turned-actor husband
66. Healthier
67. PBS funding org.
68. Sr. and Jr. actors Chaney
69. Mr. Arnaz's (Lucille's love)

DOWN
1. Li'l narrow waterway
2. The Who's "Who _ You"
3. 1989: "Wild Thing" by Tone-_
4. Canadian supermodel Linda's
5. Skirmish
6. Farm. member
7. TV's Mr. Kilborn
8. Sage or parsley, etc. ...culinary-style
9. _ _ fine line
10. Next up at bats: 2 wds.
11. Full
12. Relaxed
14. Atlantic 'porgy' fishies
18. Paradises
22. Stanley Park enjoyer from the area
23. Prefix to 'sphere'
24. Kitchen appliance
25. Ms. Pugliese of "Breakfast Television" in Toronto
26. Prolong: 2 wds.
31. "_ She Sweet"
33. Beaver State, briefly
35. Gill-y member of #59-Across who can swim at amazing speeds, her Earth parents are Newfoundland couple Gladys and Tom Smallwood
39. Culture medium
40. Hagar The Horrible's daughter
41. Dagger
43. Big name in electric shavers
45. Radish variety
46. Embellished
47. Elton John title song lady
49. Starts racing!: 2 wds.
53. Pencil _ _ (Writing options)
54. Dependable
56. Flicka's flick-ee
60. Standing-human measurements [abbr.]
61. Lettered Mustang cars
62. Gospel song: "_ - _ Believe"
63. Susan Sarandon's ex-beau ...his initials-sharers

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Power struggles might create domestic arguments today. Don't take the bait! Remind yourself how important family harmony is for you as well as for others.

Taurus April 21 - May 21
Be careful, because this is a mildly accident-prone day. People are intent on getting their own way, even if unexpected obstacles arise. Take it easy.

Gemini May 22 - June 21
Quarrels about money and possessions might take place today because someone opposes your ideas. Listen to others, and look for a win/win solution.

Cancer June 22 - July 23
Bosses and parents might catch you off-guard today, which in turn, creates an argument with a partner or close friend. Something will upset you. Nevertheless, don't let this ruin your day. Rise above it.

Leo July 24 - Aug. 23
Travel plans will be canceled, changed or delayed today. Meanwhile, avoid controversial subjects, because these could spiral into something nasty.

Virgo Aug. 24 - Sept. 23
Disputes about inheritances, shared property, taxes and debt will occur today. A female friend might oppose you, especially if it relates to your kids.

Libra Sept. 24 - Oct. 23
This is a poor day to challenge authority figures — parents, bosses, teachers and the police. Everything is a bit of a crapshoot, so keep your head down and your powder dry.

Scorpio Oct. 24 - Nov. 22
This is a mildly accident-prone day for your sign. It's also an accident-prone day at work. This means you should slow down and pay attention to everything you say and do.

Sagittarius Nov. 23 - Dec. 21
Make friends with your bank account and anything having to do with taxes, debt and shared property, because something unexpected will occur today. This is also an accident-prone day for your kids. Be alert!

Capricorn Dec. 22 - Jan. 20
Quarrels with partners and close friends might arise today, especially because of news or a surprising turn of events at home.

Aquarius Jan. 21 - Feb. 19
Be careful, because this is an accident-prone day, especially at work. Knowing this, be mindful. Don't be in a rush to do anything. Look around you.

Pisces
Feb. 20 - March 20
Social plans, vacations and something to do with your finances might surprise you today. Perhaps a planned event costs more than you thought it would? (Welcome to the club.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	3		6		1	7	
	4			5			8	
			7		1			
		5		4		2		
1	6		5	2	3		9	4
		2		7		6		
			2		8			
	9			3			1	
	1	8		9		7	4	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

8	5	7	6	2	3	1	4	9
6	3	9	7	1	4	2	5	8
1	4	2	5	9	8	7	3	6
5	6	1	3	7	2	9	8	4
4	7	3	8	5	9	6	1	2
2	9	8	1	4	6	5	7	3
9	8	5	2	3	1	4	6	7
3	1	4	9	6	7	8	2	5
7	2	6	4	8	5	3	9	1

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